

State of Stroke

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Vision and Mission

Our Vision

To promote equality and support for all impacted by stroke.

Our Mission

To reduce the incidence and impact of stroke by delivering education and programs focused on prevention, treatment, rehabilitation and support for all impacted by stroke.

Stroke FACTS

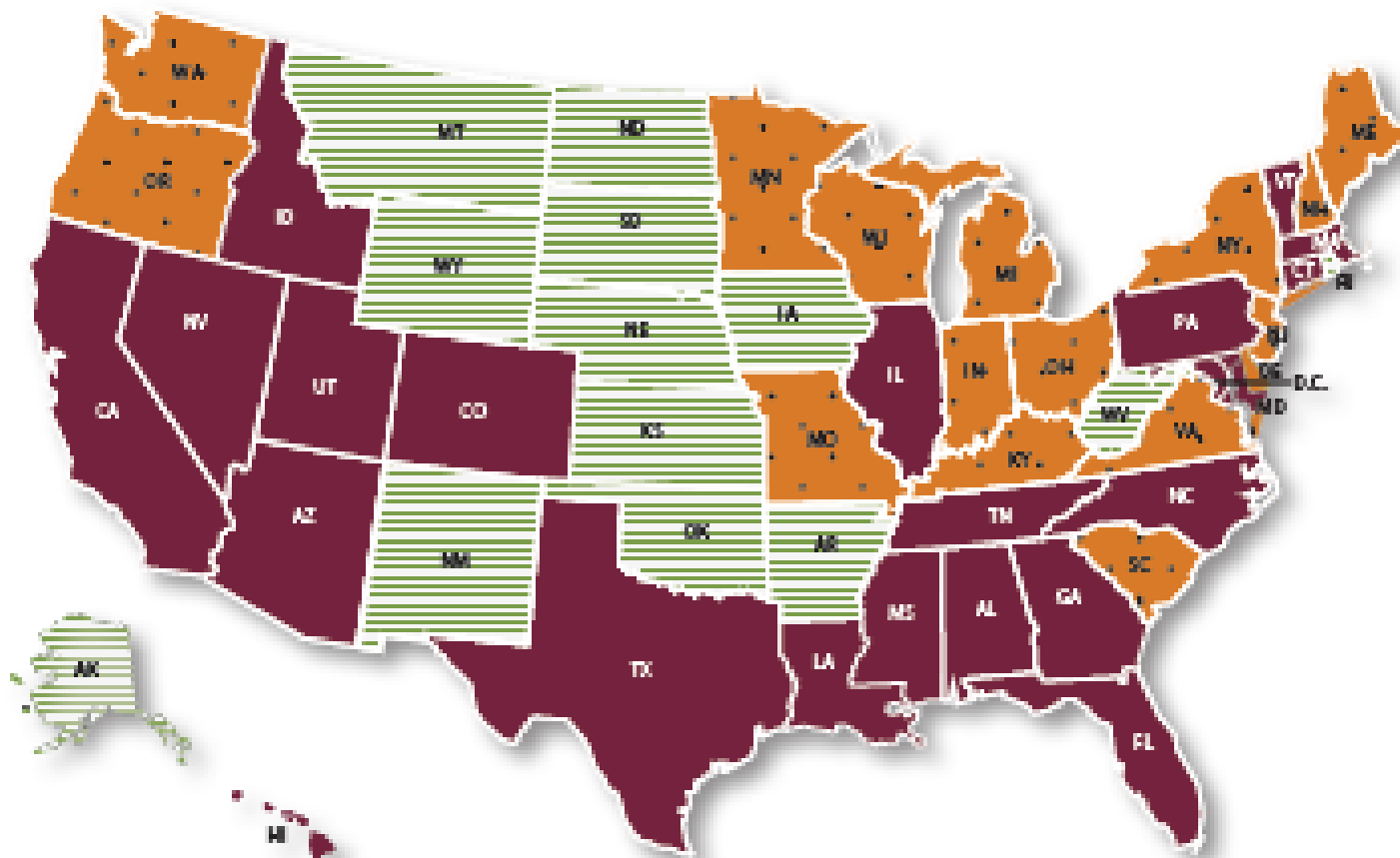
- Stroke is the fifth leading cause of death in the U.S.
- Each year nearly 800,000 people experience a new or recurrent stroke
- Over 140,000 deaths each year
- There are approximately 7 million stroke survivors in the U.S. today

Strokes are Common

- A stroke happens every 40 seconds
- Every 4 minutes someone dies from a stroke
- 1 in 20 adult deaths are due to stroke
- Stroke is a leading cause of serious, long-term adult disability
- Up to 80% of preventable strokes can be prevented by working with your healthcare provider and reducing personal risk

Newest data from CDC

- African-American's have the highest stroke death rates among all races/ethnicities
- Stroke death rates among Hispanics have increased by 6% each year from 2013 to 2015
- Strokes are happening at younger ages
- Risk factors might not be recognized and treated in middle-aged adults (35-64 years old)
- The decline in stroke deaths has slowed since 2013



Continued to decrease



Slowed down



Death rates increasing

Hispanics and Stroke

- Higher incidence among Mexican Americans than Caucasians
- Mexican Americans are at increased risk for all types of stroke and TIA at younger ages than Caucasians
- Spanish-speaking Hispanics are less likely to know stroke symptoms than English-speaking Hispanics, African-Americans and Caucasians

What We Do

- **Provide online resources** with up-to-date and reliable information about stroke, recovery and secondary stroke prevention.
- **Improve the lives of stroke survivors** and their circles of support.
- **Offer programs that build awareness** of stroke signs and symptoms.
- **Advocate for prevention** and issues important to stroke survivors and their families.
- **Educate healthcare professionals.**

Survivor Programs & Services

- **Programs-in-a-box** – Educational kits on a variety of post stroke conditions
- **Return to Work** – Road map to help those seeking a return to the workforce
- **Games & Applications** – variety of games and apps to deliver health information, manage personal health and recovery, track lifestyle changes like nutrition and mobility
- **792 Registered Support Groups** – nation-wide
- **4552 Careliving** members



Survivor and Caregiver Outreach Programs



Healthcare Provider Programs & Services

- **Certified Stroke Rehabilitation Specialists (CSRS)** – rigorous program that enables therapists to become preeminent stroke clinicians – 630 current, certified specialists.
- **Provide stroke related education** programs to more than 9,000 healthcare professionals.

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Stroke Recovery Navigator

- **Stroke Recovery Navigator** is a phone-based navigation program which provides one-on-one support for stroke survivors or stroke survivor caregivers for up to 6 months after discharge from a care facility
- **Navigators partner** with program clients to create an individualized plan to identify and overcome their stroke-related barriers, attain self-advocacy skills, and access pertinent support and resources.

Study Hospital Sites



Government Affairs & Advocacy

Federal Government

- Action on 7 bills critical to stroke community – Healthcare Reform, Telehealth/Telestroke
- Dozens of in-person meetings with congress and staff
- Advocacy alerts, resulting in to more than 10,000 messages to representatives

State Government

- Tracked more than 100 bills in 34 States
- Sent more than 2,000 letters

Impact of our Work

- 86% of **stroke survivors make behavior changes** as a result of our programs
- 95% of **healthcare professionals show improvement in their stroke knowledge**
- 60% of **healthcare professionals implement practice changes**
- 70% of **caregivers feel more supported**

Comeback Trail 5K Events

- 5K Walk and Fun-Run for all ages and abilities.
- An opportunity for the stroke community to come together to:
 - Raise stroke awareness
 - Celebrate stroke survivorship
 - Raise money necessary to support the mission



"The entire experience was fantastic. The volunteers, the supporters, the route-- everything was really well done!"

CBT – Washington D.C. Participant



"...The day was fabulous. The energy was off the charts. Couldn't have been better."

CBT – Denver Participant



Community Events

2018 Comeback Trail Locations

Returning Events

- Washington D.C.
- Denver
- Chicago
- Atlanta
- Long Island
- Fort Lauderdale

New Events

- **Houston**
- Phoenix
- Raleigh-Durham
- So. California
- No. California

Community Led Events

- Cincinnati
- Nashville
- Delaware
- **Dallas-Fort Worth**

What are we doing in Texas?

Texas

- 1,023 constituents – people utilizing NSA helpline, online resources, programs, education.
- 1,200 donors

Austin

- 100 constituents
- 70 donors



Learn more at www.stroke.org